



If you're thinking  
about Suicide,

Read on ...



When it seems like there  
is no hope,  
there is help.





If you are thinking about suicide,  
you probably feel ...

**Trapped, Confused, Hopeless,  
Alone, Helpless, Stressed Out,  
Self-doubt, Fearful, Depressed**

There is help! Read on...



You may be Feeling **“TRAPPED”**

which is “tunnel vision”  
or

an inability to see alternative  
solutions to problems

There is help! Read on ...





# **CONFUSED**

you can't think clearly  
and  
your mind is racing...

**A call to us will help you slow down.**

There is help! Read on ...



# **HOPELESS**

you feel there is no possible  
solution...

Call us and let us give you hope.

There is help! Read on...





Often these overwhelming  
feelings are made worse by  
the  
break-up of a significant  
relationship.



Just reporting to a new  
command

also can be overwhelming and  
make things feel worse.

There is help! Read on...





**ALONE**

you feel apart from  
everything and everyone...

Call one of us and don't be  
alone.

There is help! Read on...



# **You may be thinking:**

- **I wish I were dead**
- **I wish I could disappear forever**
- **I shouldn't be here**
- **I want to run away**
- **Maybe if I died (name) would love me more**





# HELPLESS

If you feel unable to manage  
alone and lack strength or  
power...

Then call us for strength and talk to  
a caring person.

There is help! Read on...



# STRESSED OUT

You're undergoing or suffering the effects of strain, pressure, emotions, tension or distress...

**CALL** if you need to talk to someone to release the pressure and get it out of your system.

There is help! Read on...





# SELF-DOUBT

You don't feel confident in yourself,  
don't believe in yourself...

**CALL us because we believe in you, and  
from our experience we know you can  
overcome this dark time.**

There is help! Read on...



# FEARFUL

If you're experiencing fear,  
feeling afraid of people,  
places or things...

**CALL us because knowing you're not  
alone can take fear away or help you  
handle fears.**

There is help! Read on...





# DEPRESSED

Your spirits are down, you've been rejected or maybe feel dejected ...

**CALL us because talking to someone positive will lift your spirits and you can know that in spite of rejection, there are people who care and respect you.**

There is help! Read on...



# Drinking and Depression

Remember ...

- Alcohol and drugs can make you feel more depressed.
- Alcohol and drugs alter your judgment.
- Many suicide attempts occur while a Sailor or Marine is under the influence.

There is help! Read on...





Remember this...

Suicide is a permanent solution  
for a  
temporary problem

**CALL us NOW!**

There is help! Read on...



# What can I do to help myself?

Remember...

Every one feels anxiety and confusion sometimes.

The way out of your pain is to share it ... by talking.

Keep reading ...





# What can I do to help myself?

**To get through tough times, talk to:**

Someone who is able to hear your pain, like –

- Your chaplain
- Your medical provider
- A Fleet & Family Support Center counselor
- Someone you trust
- Your supervisor

TELL THEM HOW YOU FEEL!

**Or, call one of the numbers on the next slides.**



# Help is Here

The National Suicide Prevention Lifeline is a free and confidential service for those who are seeking help when they feel like there is no where to turn.

**National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**





# **More Help**

**Military One Source**

**1-800-342-9647**

**National Crisis Helpline**

**1-800-784-2433**

**National Suicide Prevention Lifeline**

**1-800-273-TALK (8255)**

**Fleet & Family Support Centers**

**1-800-372-5463**



You don't need to feel badly.

There is help for you.

You can feel better.

Don't wait!

Get help ... NOW!

You are worth it!